

## Pool Information

**Cactus Aquatic & Fitness Center**  
7202 E. Cactus (480) • 312-7665

**Eldorado Aquatic & Fitness Center**  
2301 N. Miller (480) • 312-2484

**McDowell Mountain Aquatic & Fitness Center**  
15525 N. Thompson Peak Parkway, **OPENING FALL '06!**

*Pool hours subject to change due to High School swim meets or special events. Please call ahead for more information.*

**Pools are heated!**

## Lap Swim Hours

**Beginning Aug. 21**  
M-F 6-2, 6-8 pm  
Sat & Sun 1-5 pm

**Public Swim Hours:**  
Weekends in  
August & September  
1:00-6:00pm

## Cactus & Eldorado Lap Swim and Public Swim Fees

Adult Resident \$2.00  
Child Resident \$1.00  
Adult Non Res. \$3.00  
Child Non Res. \$2.00  
*(under 18 accompanied by an adult)*

## McDowell Mountain Public Swim Fees:

Adult Resident \$6.00  
Child Resident \$4.00  
Adult Non Res. \$9.00  
Child Non Res. \$6.00

## McDowell Lap Fees:

Adult Resident \$2.00  
Child Resident \$1.00  
Adult NonRes \$3.00  
Child NonRes \$2.00  
*(under 18 accompanied by an adult)*

## Lap & Fitness Passes:

**Adult Resident**  
10 punch \$20  
30 punch \$60

**Adult Non-Resident**  
10 punch \$30  
30 punch \$90

## Swim Lesson General Information

- Fall swim lessons are conducted M & W for four weeks.
- Each class is 30 minutes in length.
- For your child's safety, floatation devices are not permitted.
- Swimsuits are required

### Session Dates:

**Session 1:** 9/8 - 9/27      **Session 2:** 10/2-10/25  
*(Please note: Due to Labor Day, M & W classes being on Wed 9/6.)*

**Swim lesson fee:** Residents \$17.00;  
Non-Residents \$25.50 per session per participant

## Registration Dates

Registration will be accepted the following dates:

### Session 1

Residents registration begins 8/15  
Non-Resident registration begins 8/22

### Session 2

Residents registration begins 9/12  
Non-Resident registration begins 9/19

**FOR AQUATICS REGISTRATION INFORMATION SEE PAGES 2-3.**

**For your child's safety, floatation devices are not permitted.**

## Class Descriptions

### Learn to Swim Lessons

All City of Scottsdale Instructors are certified by the American Red Cross. Please use the age guidelines and the class descriptions to help determine the appropriate level for your child. Detailed information can be provided by the pool staff. Please call if you have questions.

### Parent & Child Aquatics

**Ages 6 months-3 years (10 per class)** – Parents (or caregiving adults) are taught techniques and positions to enhance their child's comfort level in the water. Basics include water adjustment, body positions, and breath control. This class introduces infants and young children to aquatics with a parental presence in the water. Note: this class is water acclimation, not swimming lessons.

### Level 1: "Introduction to Water Skills"

**Ages 3-5 years (6 per class)** – Objective: learning elementary skills and helping students feel comfortable in the water. Includes breath control, fully submerging head and retrieving underwater objects. The student should be able to enter the water and participate without parental presence.

### Level 2: "Fundamental Aquatic Skills"

**Ages 3-5 years (8 per class)** – Objective: success with fundamental skills. Floating without support and introduction to arm and leg actions on the front and back.

### Level 3: "Stroke Development"

**Ages 4-7 years (8 per class)** – Objective: build on skills in Level 2. Coordination of the front and back crawl, introduction to butterfly, treading water and diving from the side.

### Level 4: "Stroke Improvement"

**Ages 7 and older (10 per class)** – Objective: develop confidence in strokes. Build endurance by swimming lengths of front crawl and back crawl for greater distances. Builds on butterfly and introduces elementary backstroke, breaststroke and sidestroke.

*See charts on right for specific days & times.*

**Sign-Up Now and Learn to Swim!**

CACTUS		Session 1	Session 2
		9/6-9/27	10/2-10/25
Learn to Swim Classes \$17 Resident / \$25.50 Non-Res.			
Class	Time	M/W	M/W
Parent/ Child	2:45-3:15	58081	58121
	3:20-3:50	58099	58131
Level 1	2:45-3:15	58085	58105
	3:20-3:50	58086	58106
	3:55-4:25	58087	58107
	4:30-5:00	58088	58108
Level 2	2:45-3:15	58089	58110
	3:20-3:50	58090	58111
	3:55-4:25	57921	58112
	4:30-5:00	58092	58113
Level 3	2:45-3:15	58093	58114
	3:20-3:50	58094	58115
	3:55-4:25	58095	58116
	4:30-5:00	58096	58117
Level 4	3:55-4:25	58097	58118
	4:30-5:00	58098	58119
*No Tues/Thurs lessons offered due to High School swim meets			

\*No Tues/Thurs lessons offered due to High School swim meets

**Please note:  
Due to Labor Day,  
Fall Session 1  
M & W classes  
begin Wed 9/6**

ELDORADO		Session 1	Session 2
		9/6-9/27	10/2-10/25
Learn to Swim Classes \$17 Resident / \$25.50 Non-Res.			
Class	Time	M/W	M/W
Parent/ Child	2:45-3:15	58306	58307
	3:55-4:25	58308	58309
Level 1	3:20-3:50	57916	57911
	3:55-4:25	57917	57912
Level 2	2:45-3:15	57930	57923
	3:20-3:50	57931	57924
	3:55-4:25	57932	57925
Level 3	3:20-3:50	57944	57937
	3:55-4:25	57945	57938
	4:30-5:00	57946	57939
Level 4	3:20-3:50	57999	57995
	4:30-5:00	58000	57996
*No Tues/Thurs lessons offered due to High School swim meets			

\*No Tues/Thurs lessons offered due to High School swim meets

Specialty Classes

See chart below for specific days & times

Shallow Water Exercise

(30 per class) ages 13 and older – An excellent opportunity to work out and have fun. Classes run 50-minutes and include stretching, warm-up, cardio, toning, and cool-down. Offered at MMR, Cactus & Eldorado.

Monthly registration \$24 RES/ \$36 NR

\*Drop- in \$3/res \$4.50/non per visit, space permitting.

Deep Water Exercise

(30 per class) ages 13 and older – Challenge yourself to the next level of physical fitness! This class features aerobic exercise, treading water, and activities that improves swimming technique & fitness. Offered at MMR, Cactus & Eldorado. Monthly registration varies.

\* Drop- in \$3/res \$4.50/non per visit, space permitting.

Ache-a-way

Back ache? Joints hurt? Have arthritis? Try this especially designed class for any individual who needs gentler, slower paced water exercise. Class emphasizing stretching & toning. Taught by a certified arthritis instructor. Offered at Cactus & Eldorado.

\* Drop- in \$3/res \$4.50/non per visit, space permitting.

Tone & Tai Chi

Try this especially designed class for any individual who needs gentler, slower paced water exercise. Class emphasizing stretching & toning. Taught by a certified instructor. Offered at Eldorado. Monthly registration varies.

\* Drop- in \$3/res \$4.50/non per visit, space permitting.

Water Exercise Registration

Registration for every month begins on August 15 – register early!

Fall Break...

Didn't get enough time in the pool this summer? Spend your Fall Break swimming!

Eldorado Aquatic & Fitness Center will be open for public swimming from 1-5pm daily October 23-27. Come enjoy the water slides, beach entry, interactive water play features, and warm water.

Holiday Water Exercise Break 12/25 Thru 1/5

ELDORADO Specialty Classes		Sept 9/5-9/29*	Oct 10/2-10/27	Nov 10/30-11/24	Dec 11/27-12/22
Shallow Water Exercise (main pool)	8:00 am	57883	57880	57888	57889
	9:00 am	57874	57882	57881	57875
Tone-N-Tai Chi (therapy pool)	9:00 am (MWF)	57890	57891	57893	57892
Ache-a-way (main pool)	10:00 am (MWF)	57850	57849	57851	58310
	11:00 am (MWF)	58311	58312	58313	57852
Deep Water Exercise (dive well)	11:00 am (MWF)	57901	57902	57899	57905
	6:00 pm (MWF)	57894	57900	57904	57895

\*No classes on Labor Day

CACTUS Specialty Classes		Sept 9/5-9/29*	Oct 10/2-10/27	Nov 10/30-11/24	Dec 11/27-12/22
Shallow Water Exercise	9:00 am	58101	58123	58126	58129
	10:00 am	58102	58124	58127	58130
Ache-a-way	11:00 am (MWF)	57847	58103		
Deep Water Exercise	11:00 am	58084	58104	58125	58128

\*No classes on Labor Day

McDOWELL MTN Specialty Classes		Sept 9/5-9/29*	Oct 10/2-10/27	Nov 10/30-11/24	Dec 11/27-12/22
Shallow Water Exercise	9:00 am		57872	58319	58322
	10:00 am		57873	58323	58324
	6:00 pm (MWF)*		57876		
Deep Water	11:00 am		57897	57896	57903

\*No classes on Labor Day

Water Exercise Class Fees

	Resident	Non-Res.
Monthly registration for classes that are offered Monday – Friday:.....	\$24	\$36
Monthly registration for classes that are offered Mon, Wed & Fri: .....	\$15	\$22.50
10-punch pass:.....	\$30	\$45
Drop-in:.....	\$3	\$4.50

Please note: Classes have a minimum and maximum enrollment. Classes will be cancelled a week prior to start date if a minimum enrollment is not met.



Water Safety Classes

American Red Cross Lifeguard Training Class

The American Red Cross Lifeguard Training class is offered to those interested in becoming a certified lifeguard. The class includes certifications in First Aid and C.P.R. for the professional rescuer.

**Location:** MMR (code #58320)  
Please register by October 23.

**Dates & Hours:** 10/28-11/20  
Monday & Wednesday, 6-9:00 pm  
Saturday, 9 am-noon  
\* first Saturday 1pm - 5pm.

**Course prerequisites:** Must be 15 years old, Swim 500 yards (nonstop), Retrieve 10lb weight and swim

**Fee:** \$60.00 (Residents) \$125.00 (Non-Residents)

American Red Cross Water Safety Instructor Class

The American Red Cross WSI class is offered to those interested in becoming a certified swim instructor. The class includes F.I.T. training.

**Location:** MMR (code #58321)  
Please register by October 23.

**Dates & Hours:** 10/28-11/21  
First Sat (10/28) only, 8 am- 2 pm  
Tuesday & Thursday 6-9:00 pm  
Saturday 1-5 pm

**Course prerequisite:** Must be 16 years old

**Fee:** Residents: \$120.00, Non-Residents: \$180.00





## Aquatics Team Opportunities

### Scottsdale Aquatic Club

#### A United States Swimming Team

The City sponsored Scottsdale Aquatic Club is a year-round competitive swimming team. The team offers competitive swimming instruction and competitions for swimmers of all ages. Workout times and fees vary according to group. This program is available only at Cactus pool. For more info call (480) 951-5368 or visit [scottsdale swim.com](http://scottsdale swim.com)

### Clavadistas Del Sol

#### A United States Diving Team

The City sponsored Clavadistas Del Sol is a year-round competitive diving program, open to divers of all abilities and ages. Both developmental and Master's diving is available. Workout times and fees vary according to group. This program is available only at Cactus pool. For more info call (480) 312-7665 or visit [www.cdsdiving.org](http://www.cdsdiving.org)

### Scottsdale Synchro Assoc.

#### A United States Synchronized Swimming Program

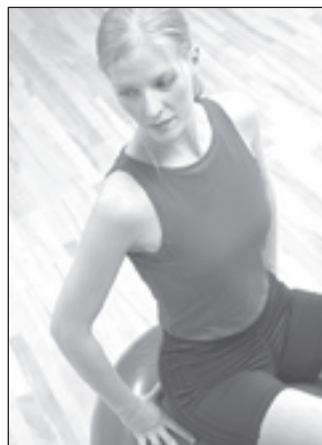
The City-sponsored competitive synchronized swimming team is open to swimmers ages 8 and up. Recreational/Beginner Program Year Round Program that swimmers can join any time. Practice is on Mondays from 4:45 PM -6:30 PM at Eldorado Aquatics Center. Swimmers will participate in a water show and progress through synchronized swimming levels and learn figures. They may later transfer to our competitive club. This is a great opportunity to become wonderful athletes, learn team skills, make new friends, and have a lot of fun. For Details or to register call our club representative Leigh McDaniel at (480) 661-9466 or visit [www.scottsdlesynchro.us](http://www.scottsdlesynchro.us).

### Age Group Program

Year Round Program but swimmers are encouraged to join at the start of the season in August. The age group team practices 3 - 4 times per week and attends meets throughout the year. Our team has consistently placed in the US Nationals competition. These swimmers are devoted athletes with great team spirit and sportsmanship.

## ■ Cactus Aquatic and Fitness Center

This facility offers strength training, general conditioning, athletic training, toning and much more! Do you need help developing a fitness program that is specific to your needs? Staff will work with you to develop your own personal fitness program. All participants are required to wear closed toed shoes and bring a towel to work out. Participants must be 18 years of age or older to participate. A signed waiver, (parent or guardian) is required for youth, ages 16 and 17 years of age. 14 and 15 years of age only allowed, when accompanied by an adult. NO ONE 13 and under is permitted in the Fitness Center at any time. For additional guidelines and/or rules, see front office staff.



### CACTUS FITNESS CENTER HOURS

**Monday – Friday:** 6:00 a.m. – 8:00 p.m.

(10:00 a.m. – 3:00 p.m. are not staffed)

**Saturday – Sunday:** 10:00 a.m. – 6:00 p.m.

### ENTRANCE FEES:

Resident \$2.00, Non-Resident \$3.00

### PUNCH PASSES:

**Resident Rate:** 10 visits for \$20.00, 30 visits for \$60.00

**Non-Resident Rate:** 10 visits for \$30.00, 30 visits for \$90.00

*Patrons must check-in one-hour prior to close, if they intend to exercise for the last hour of the day.*

### CACTUS AEROBIC CLASS FEES:

	Resident	Non-Resident
<b>1-Hour Class Drop-in</b>	\$3.00/class	\$4.50/class
<b>1-Hour/10 Class Pass</b>	\$30.00	\$45.00
<b>1-Hour/30 Class Pass</b>	\$90.00	\$135.00
<b>1.5 Hour Class Drop-in</b>	\$4.50/class	\$6.75/class
<b>1.5 Hour/10 Class Pass</b>	\$45.00	\$67.50
<b>1.5 Hour/30 Class Pass</b>	\$135.00	\$202.50

Call for class times (480) 312-7967.

## ■ McDowell Mtn Ranch Aquatic & Fitness Center

### MCDOWELL MTN FITNESS CENTER HOURS

**Monday – Friday:** 6:00 a.m. – 8:00 p.m.

**Saturday – Sunday:** 10:00 a.m. – 6:00 p.m.

### ENTRANCE FEES:

Resident \$2.00, Non-Resident \$3.00

### PUNCH PASSES:

**Resident Rate:** 10 visits for \$20.00, 30 visits for \$60.00

**Non-Resident Rate:** 10 visits for \$30.00, 30 visits for \$90.00

*Patrons must check-in one-hour prior to close, if they intend to exercise for the last hour of the day.*



## ■ Eldorado Aquatic and Fitness Center

This facility offers a variety of cardio machines, weight machines and free weights for an all around workout! Participants must be 15 years of age to participate. A signed waiver by a parent or guardian is required for youth, ages 13 to 14 years of age. Under 13 years of age not allowed in the fitness center.

### ELDORADO FITNESS CENTER HOURS

**Monday - Friday:** 6:00 a.m. - 8:00 p.m.

**Saturday - Sunday:** 1:00 p.m. - 5:00 p.m.

### ENTRANCE FEES

**Resident:** \$2.00

**Non-Resident:** \$3.00

### ADULT PUNCH PASSES

**Resident Rate:**

10 visits for \$20.00, 30 visits for \$60.00

**Non-Resident Rate:**

10 visits for \$30.00, 30 visits for \$90.00

